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INVALID LIFE IN COLORADO SPRINGS, COL.

By MARGARET EASTBURN

Colorado Springs

"What is the help that cometh from the hills?
Strong pulses, full-drawn breath, and sinews tried?
Still may they cleanse the body of its ills;
But higher virtues have the hills supplied:
They train the soul to climb; they best provide
The health of spirit, sanity of mind,
Wherein the purest fires of life reside,
And noble souls of old were quick to find
God in the wilderness and on the mountain shrined."

WHAT I shall say of the climatic conditions of Colorado Springs is true also of the whole "temperate belt," as it is called, of Colorado,—a strip ten to fifty miles in width, along the eastern foot-hills, where plains and mountains meet. And I shall quote to some extent from eminent physicians who have lived here some years and whose statements regarding the climate are well timed and are verified by my own observations of two years.

There are three things common to all Colorado that must never be lost sight of—blue sky, sunshine, and dry air. But to speak of this "temperature belt." The sun here shines about sixty-two hours out of every hundred in which it is above the horizon. In Philadelphia the ratio is forty-nine. During the winter months, the trying time for the invalid, the difference is more striking still. One of the greatest advantages of this eastern belt along the front of the range is the early morning sunshine. There are no high mountain ranges for the sun to climb, as in so many high-altitude resorts in other lands, but its first rays above the low eastern horizon are at once warming and cheering. The sun is up almost before the invalid is awake, and the air is warmed for

his out-door life without a long wait till mid-morning. In Davos, Switzerland, we are told, the sun on January 1 does not rise till ten A.M. and sets at three in the afternoon, a possible sunshine of only five hours; while here on January 1 the sun rises at seven-thirty A.M. and does not set till about four-thirty, more than nine hours of sunshine. Indeed, one unacquainted with it cannot know what an impetus to life the almost daily beautiful morning sunshine is. We cannot refrain from exclaiming with fervor,—

“ We wake each morn as if the Maker's grace
Did us afresh from nothingness derive,
That we might sing ‘ How happy is our case,
How beautiful it is to be alive!”

It has been my observation during my two-years' residence here that nearly every day begins with the beautiful, cheering sunshine, and when it storms, the storms come up quickly sometime during the day. This is a delightful feature, for it seems to me that if one can begin the day well, the rest of the day will take care of itself.

We practically escape March here. That is, this month here is so much less a time of rain and snow and slush and mud and bitter winds than it is in the East that it passes without particular notice. During the month of March and in early April snowfalls are not uncommon, but the snow disappears very rapidly under the heat of the sun. Often twenty-four hours after one of these short snows the dust is blowing on the sunny side of the road. Oftentimes in April, however, we have a light blizzard, and perhaps two weeks pass before the snow is entirely gone. But at all other times it is as above stated.

The fall and winter months are inexpressibly delightful, and the summers are cool and comfortable. Two of Colorado's disagreeable features are wind and dust, but the duration of the wind-storm is usually short, and after enjoying day after day of brilliant sunshine one can forgive an occasional wind-storm of a few hours.

The clothing worn here, save high in the mountains, is such as is commonly worn in New York and New England and in the Western States of about the same latitude, except that in winter the heavy overcoat is less needed, and in summer the thinnest underwear is apt to prove not quite heavy enough.

Attractions to an out-door life are present on every hand, and the invalid is irresistibly drawn out into the pure, fresh air and dancing sunlight. The wide horizon, with its beauty of soft, level plain or grandeur of mountain peaks, is a constant joy, and the enforced quiet of recovery loses much of its irksomeness; indeed, I think the attrac-

tions of scenery lend much aid towards one's rapid recovery, because self is almost forgotten in the enjoyment of it all.

Of course, the benefit derived is dependent not upon climate alone, but much depends upon food and care too. One doctor says that the sources of the benefits derived should be considered in three classes, allowing one-third for climate, one-third for food, and one-third for care. And I think that is a proper division. Several cases have come under my notice forcibly illustrating the need of all three conditions. Several cases where the persons were able to be about and were energetic and ambitious and thought that they had good climate and good food went into business under the doctor's protest and in a short time used up all the strength they had, and as a result died, while, had they taken an absolute rest of one year longer, the doctor said they had every chance of perhaps complete recovery. Other cases there were where the persons had every chance so far as the stage of the disease was concerned, but were too poor to procure the proper food.

And, also, too many invalids coming to Colorado depend upon their own ideas or the suggestions of their friends as to their conduct of life, often to their great detriment. Even physicians who have not lived here should not attempt to direct the patient in so new and different a climate.

I would like to give a strong note of warning in regard to the amount of exercise a patient should take upon coming here. Through ignorance of this one point I almost lost my own life, and am not yet sure what the outcome will be. Physicians sending patients to a high altitude do not always impress upon them the fact that the change they are about to make will be a most radical one—that they are going to an elevation of from four to six thousand feet greater than that to which they have been accustomed, and as a consequence an acclimating process will almost of necessity ensue which will compel them, for a time, at least, to pursue an entirely different line of living from that to which they were advised at home or on sea-level.

"The patient should be made to understand that the first effect of a high altitude is one of over-stimulation and over-work for all of the organs, more especially the heart and lungs. He should make no attempt to get more than a few blocks from his hotel or boarding-place for at least ten days or two weeks."

"Sometimes patients come here, and, acting upon the advice received at home to 'rough it' and 'take all the exercise you can stand in the open air,' start off immediately, endeavoring to take in the whole Pike's Peak region in a single day. The first effect of his change to a high altitude is one of exhilaration, both physical and

mental. He hugs the delusion that he is rapidly regaining health and is on the highway to permanent recovery. By his indiscretion as to exercise the inevitable reaction comes only too quickly, and he finds himself prostrated with perhaps a strained heart, high temperature, and an active renewal of hostilities and extension of disease from a partial or completely arrested area."

Dr. Anderson says: "I am convinced that the consumptive invalid requires the same amount of supervision and care and restriction as an irresponsible child. This is the more manifest when we consider the hopeful nature of the disease, the almost invariable conviction of improvement, and the usual tendency to belittle, if not entirely to ignore, symptoms. He is inclined to overestimate strength, almost invariably failing to recognize the necessity of rest and quiet." This too has been my experience and observation.

There are three sanatoriums here, a hospital, and the Childs-Drexel Home for Union Printers, a large number of trained nurses, and excellent physicians.

One of the sanatoriums has just been opened and is managed by private individuals. It is called the "Nordrach Ranch," and the Nordrach system is to be followed out as closely as is possible. The situation is ideal—about three miles northeast of the city at the foot of Austin's Bluffs, with the full power of the sun from the south, east, and west, and protected from the north by the picturesque bluffs. There is a resident physician and trained nurses. The house is commodious and comfortable, and at a little distance from it, but connected with it by electric bells, is a little colony of tents, fashioned after Dr. Gardiner's plan and furnished so that the patient can sleep in them the whole year round. The rates here range from forty dollars per month up in the house and fifty dollars per month for the tent, and this includes doctors' and nurses' care. The rates are much the same in the other sanatoriums. There are many good boarding-houses in the town, and the rates range from six dollars to fifteen dollars per week, including room. The average rate of board, including room, is about eight dollars per week.

The patients who gain most rapidly are those who can sleep on a second-story veranda or in a tent. I have spent a year and a half in a tent and was forced to go into the house at night only one week of that time. Last winter I slept in it without fire with the thermometer at twenty-four degrees below zero, but such severe weather lasted only a week, and that was the coldest night. During the rest of the week it ranged from eight degrees to sixteen degrees. In this dry climate we did not realize that it was so cold. Of course, the expense of this kind of

life varies. In the first place, the size and style of tent means a great deal as to the first outlay. Then the board apart from that can be had for from five to eight dollars per week. Ranch life is not usually satisfactory. The food given is not good and the accommodations are poor. I know of but one satisfactory ranch near Colorado Springs, and only a limited number of guests can be accommodated.

Before I end my paper I want to emphasize the fact that the patient must not think that he can get well just by spending a month or two here, or perhaps a winter. Colorado's bright sun and clear, pure, dry air are very powerful, and if given a chance do make remarkable cures, but they cannot work outright miracles.

Another point I must speak of. Contrary to the general public opinion of health resorts, Colorado Springs is not an unpleasant place to live in on account of the invalids present. It is doubtful, were attention not called to it, if a stranger would judge it to be a health resort from the appearance of the majority of the inhabitants. And, too, it is a gross error to think that because it has been a health resort for so many years it must be a disease-breeding place. A report made to the Climatological Association in Washington, D. C., a year or so ago, shows that a person in good health runs a minimum amount of risk of contracting tuberculosis here, as only twenty cases of this disease were contracted during the twenty years previous to that time. One needs only to compare this number with the number of cases contracted in cities not considered as health resorts to see that this thought should have no weight with one planning to come here.

Another feature of Colorado Springs that should appeal strongly to the invalid is that it is not merely a sanatorium, but it is a home as well. To one with a family especially it is a rare privilege to find so easily a healthful out-door life in sunny fields, a mile above sea level, and yet be able to give his children the advantages which a city of this size (twenty-five thousand) offers of schools and civil education, libraries, and opportunities to attend concerts, lectures, etc. So, not only does Colorado provide pleasant and helpful surroundings for the invalid during his convalescence, but it offers a greater advantage still in the opportunity for employment and business enterprise after recovery of health. In many of the famed health resorts there is nothing but the dwelling-houses and the sanatorium on some isolated mountain-side. When the patient is again able to resume his work in life he is forced to return from his health-giving resort to the old conditions, exposing himself again to the treacherous climate from which he fled.

Indeed, I feel that I cannot say enough for this delightful climate and the marvellous cures it effects. I can only say that many, many

homes have again been made happy by the restoration to health—comfortable health, at least—of husbands, fathers, sons, daughters, and many hearts are filled with gratitude and the force of the thought,—

“God’s in His Heaven,
All’s right with the world.”

THE INDIAN ARMY NURSING SERVICE *

By A. ARKLE

Delegate from the India Nursing Service of Great Britain

THE Indian Army Nursing Service was initiated by that good friend of the British soldier, Lord Roberts, in 1888, and although it has been in existence only fourteen years, there has been a great advance in the understanding of nurses and nursing in India and of the necessity for nursing, and in the care given to sick soldiers now acknowledged to be necessary for them.

Candidates for the service apply to the Under Secretary of State for India, and must have had *at least* three-years’ training in a civil service hospital. The service is composed, first, of lady superintendents, of whom there are four (one in each command), and nursing sisters, of whom there are between fifty and sixty. We are an integral part of the military-medical department and are subject to court-martial in the usual way. Promotion of nursing sister to lady superintendent is made by the principal medical officer of his Majesty’s forces in India on the grounds of experience, administrative capacity, and personal fitness. Last year six sisters were sent to China when war broke out.

The duration of the term of service is five years, after which time the sister is entitled to one year’s furlough out of India on two-thirds pay with free passage to and from her station. At the end of five years she can leave the service or sign an agreement to return for another term. In the event of her leaving she will receive a gratuity of five hundred rupees (about one hundred and fifty dollars) after the first term, fifteen hundred rupees (about four hundred and fifty dollars) after the second term. (The gratuity given to a lady superintendent is proportionately higher). If she agrees to return, she receives two-thirds pay while on furlough. Should she leave before her first term of service is completed (for any cause save sickness), she will be obliged to pay the sum of twenty-five pounds (one hundred and twenty-five dollars) or give six-months’ notice and pay twenty pounds (one hundred dollars).

After fifteen-years’ service the sister receives a pension of about

* Read before the Congress at Buffalo in September, 1901.